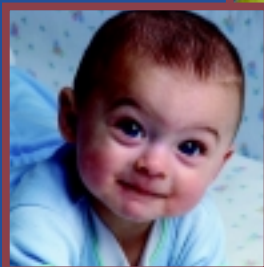


*"...improving the lifelong health and nutrition
of women, infants, and young children"*



2002 Annual Report

Washington WIC



The nutritional health of mothers and children is a fundamental building block of healthy communities.

Welcome to the Washington WIC 2002 Annual Report. In this report, you'll find information on how WIC is making a difference in our communities, from improving the health of mothers and their children, to its contribution to our state and local economies.

This report reviews our performance during the last year and includes examples of what we're doing to control costs, prevent fraud, and address emerging health problems. You'll also find stories that illustrate, in personal terms, how WIC benefits the people it serves.

WIC is designed to provide families with the knowledge and resources to make healthy choices about what they eat. It is this focus on good nutrition and the primary role it plays in preventing lifelong health and developmental problems that defines WIC's core mission.

We invite you to read this report with a critical eye and an open mind, and encourage you to contact us with questions. You'll find our contact information on the back cover.

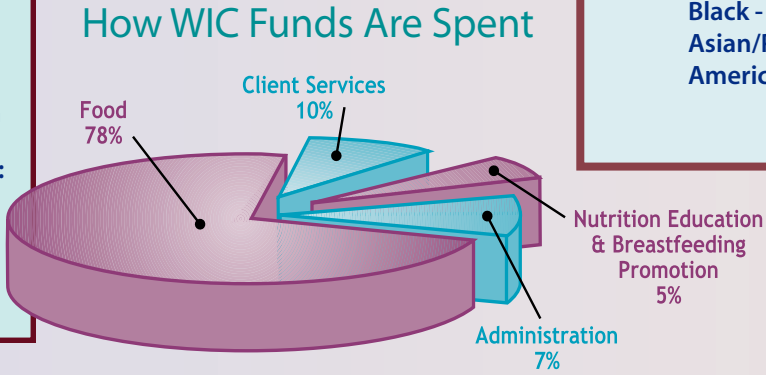
WIC Facts

- WIC provides nutritious foods, nutrition education and access to health services to more than 265,000 women and children who are nutritionally or medically at risk each year.
- Nearly half of all infants born in Washington are served by WIC.
- WIC-issued checks are used at more than 750 grocery stores statewide.
- WIC foods include milk, eggs, cheese, juice, peanut butter, low-sugar cereals, and dried beans, peas and lentils.
- WIC services are provided in all 39 Washington counties at 235 sites.
- WIC serves a diverse population:
 - Caucasian - 49.4%
 - Hispanic - 30.4%
 - Black - 7.9%
 - Asian/Pacific Islander - 6.8%
 - American Indian - 5.4%

2002 WIC Funding

WIC is sustained by a partnership that includes federal, state, and local government agencies, as well as many non-profit organizations and businesses.

- Federal funds U.S. Dept. of Agriculture: \$95.9 million
- Infant formula manufacturer rebate: \$24.1 million
- State funds: \$1.9 million
- Local government funds: varies by county
- Local private funds: varies by local agency



WIC Performance Profile

WIC contributes more than \$90 million in grocery store sales each year to Washington's local economies. In 2002, WIC checks paid for more than 6 million gallons of milk, 2.4 million pounds of domestic cheese and 2.8 million boxes of high-iron, low-sugar cereal at 752 grocery stores statewide.

WIC participation by pregnant women reduces the rate of very low birthweight babies by about half. Neonatal intensive care for these babies costs \$150,000 for an average stay. The cost of serving a pregnant woman on WIC is less than \$425.

WIC manages a public-private partnership worth \$24 million a year. Infant formula manufacturers compete for the WIC contract and the successful bidder provides the program with a per-can rebate. These funds cover WIC food costs for over 35,000 women and children.

WIC reduces the incidence of iron deficiency anemia and other dietary deficiencies in children. The WIC food prescription provides foods high in the nutrients essential for healthy growth and development.

The WIC program serves 48.2% of all the infants born in Washington state. In rural counties, 63.3% of infants born are served by WIC.

WIC breastfeeding rates rose to 82% in 2001. Breastfed children have fewer infections and are less likely to develop chronic conditions such as obesity and diabetes. Breastfeeding support and education are key components of the WIC program.

Year	% Breastfeeding
1992	55
1993	58
1994	60
1995	62
1996	63
1997	65
1998	68
1999	72
2000	78
2001	82

“WIC is an essential and critical component of our system to protect and improve the health of the people of Washington state, especially vulnerable and at-risk young families. WIC connects those in need with those who can help.”

– Jack Williams, Assistant Secretary, Washington State Department of Health

Eye On the Bottom Line

WIC Safeguards Program Funds
WIC processes more than 4.7 million food checks each year. Every check is put through a rigorous seven-point review to prevent improper payments.

WIC Prevents Fraud
Washington WIC analyzes data from Oregon and Idaho to prevent people from receiving benefits in more than one state.

WIC Controls Costs
A new secure web-based telecommunications network saves staff time and has reduced program costs by \$84,000 a year.

WIC Makes a Difference In the Health of Families and Communities

"More than 25 years ago, I was 20 years old, newly married and broke. During my pregnancy, I was so sick with nausea and vomiting that I became malnourished. My physician referred me to WIC and a nutritionist helped me improve my health – and that of my unborn child.

"Even though in general I'm skeptical and distrustful of government programs, now that I see how the WIC program works and how it helps people lead responsible lives, I think it's an example of an efficient use of taxpayer money."

– Tony May, Thurston County

"The WIC program has helped many of our employee families through difficult times, giving them the tools to raise healthy children while leading productive working lives. WIC is a benefit to our community."

– Ralph Broetje, Owner
Broetje Orchards
Prescott

I went on to college and after 17 years as a midwife I became a physician assistant with the Port Gamble S'Klallam Tribe. Throughout my professional career, I have referred women to the WIC program. My child is a healthy adult and I still abide by some of the nutritional tips WIC gave me."

– Susan R.



"The WIC program efficiently provides information and services that supplement what the mother and child get from other providers. It's a critical part of the health care network for many young families, including many of the families of our men and women in the armed services."

– Col. James Rawlings, MD
Chief of Newborn Medicine (retired)
Madigan Army Medical Center

"My husband was in the military when we were pregnant with our first child. Everyone at WIC was helpful and nice – they understood our situation and never patronized me.

It's expensive when you start out with a new baby, and even though I have a health background, I still appreciated the nutrition information they gave me. Overall, it was a very good experience for us."

– Beth A.

"WIC is the gateway to a variety of services – medical care, family planning and medical coverage, to name a few – for many mothers and children across Washington state. For many, WIC is the first stop on the way to better and healthier lives."

– Ginny English, Executive Director
Healthy Mothers, Healthy Babies
Coalition of Washington

"We have four sons under the age of six. The twins, who are two, were very small at birth and had respiratory problems. WIC staff charted our sons' growth and showed us how to better care for them. With WIC, if your child has a problem, you can catch it early.

"WIC clearly has been one of the most important public health measures to impact the health of children in the past century. We've seen almost complete elimination of severe iron deficiency anemia that affected many low-income children in the pre-WIC era. In addition, WIC's nutrition counseling has allowed us to prevent and intervene earlier for harmful feeding practices and interactions."

– Elinor A. Graham, MD, MPH
Medical Director, Children and Teens Clinic
Harborview Medical Center, Seattle

They always took the time to explain things to my wife and me – like if you drink orange juice with iron it helps with absorption of iron. WIC really helped our family and helped our kids be as healthy as they could be to resist getting sick."

– Jerome M.

"It's been shown that WIC services lower a community's overall health care costs by reducing the incidence of low birthweight babies and associated complications. WIC also plays an important role in helping participants find a "medical home" where health issues can be addressed before they turn into critical conditions."

– Diane Cecchetti, President & CEO
MultiCare Health System, Tacoma

"WIC helps prevent serious illness in infants and young children by acting as one of the first lines of defense against dangerous health conditions. WIC helps us catch problems before they become serious."

– Deb Harper, MD, FAAP
Group Health, Spokane

"When my baby was six weeks old, WIC checked my baby's length and weight and noticed she had only gained three ounces since my last visit. I had an appointment in two weeks for a full checkup, but WIC sent me right away next door to a pediatric clinic.

The doctor saw how my baby was choking when she tried to drink and sent us to the emergency room, and a tumor was found in her throat. She had surgery that day. I believe WIC saved my baby's life."

– Meirisha M.

"Because WIC families grow to trust us, they share with us things about their health and their living conditions that they may not share with their doctor. As a result, we catch small and large medical conditions that may have otherwise been missed or misdiagnosed, and we can direct people to the care they need."

– Natividad Mendoza, Nutrition Ass't
Yakima Neighborhood Health Services
Sunnyside

WIC Serves...

- **Working families:** More than 75% of WIC households include at least one person who is employed.
- **Diverse families:** Multi-lingual WIC services were provided in over 45 languages last year.
- **Rural families:** In seven rural counties, more than 70% of infants born are served by WIC.
- **Families living in poverty:** 67% of WIC households live at or below the federal poverty level.
- **Military families:** 9,805 women and children on WIC live in military households.

WIC Targets Childhood Obesity

Childhood obesity is increasing at an alarming rate. The WIC Healthy Habits project targets this serious and growing problem with physical activity and mealtime education, an approach soon to be a national model.

WIC Revitalizes Nutrition Education

Using new research on what works to change eating habits, WIC offers individualized, interactive, and web-based opportunities to learn about good nutrition.

WIC Partners Make the Difference

The success of Washington WIC is the result of a strong partnership among government agencies, businesses, and community organizations. Thank you to each of our partners for your dedication and service to so many women, infants, and children across the state. Together, we envision a brighter, healthier future for our families and our communities.

Local WIC Agencies

Adams County Health District
Asotin County Health District
Benton Franklin Health District
Chelan Douglas Health District
Clallam County Health and Human Services
Coastal Community Action Program
Columbia Basin Health Association
Columbia County Public Health District
Columbia Valley Community Health
Colville Confederated Tribe
Community Action Council of Mason/
Thurston/Lewis Counties
Community Health Care
Community Health Center La Clinica
Country Doctor Community Clinic
Cowlitz Family Health Center
Family Health Centers/Centros De Salud Familiar
Franciscan Health System
Garfield County Hospital District
Good Samaritan Outreach Services
Grays Harbor County Public Health and Social Services
Group Health Cooperative Medical Centers
Harborview Medical Center
Highline Community Hospital Midwifery Services
International District Community Health Clinic
Island County Health Department
Jefferson County Health and Human Services
Kitsap Community Resources
Kittitas County Health Department
Klickitat County Health Department
Lewis County Public Health and Social Services
Lincoln County Health Department
Lower Elwha Klallam Tribe
Lummi Indian Health
Makah Tribal Council
Mary Bridge Children's Hospital/
MultiCare Health System
Mattawa Community Medical Clinic
Moses Lake Community Health Center
Mother-Baby Services at Affiliated Health

Nooksack Tribal Clinic
Northeast Tri County Health District
Odessa Brown Children's Clinic
Okanogan County Health District
Pacific County Public Health & Human Services
Peninsula Community Health Services
Port Gamble S'Klallam Tribe
Pregnancy Aid/WIC of Snohomish County
Public Health - Seattle & King County
Public Hospital District 1, Mason General Hospital
Puget Sound Neighborhood Health Ctrs. - High Point
Puyallup Tribal Health Authority
Quileute Tribe
Quinault Indian Nation
Quincy Valley Medical Center
San Juan County Health and Community Services
SeaMar Community Health Centers
Seattle Indian Health Board
Skagit County Community Action Agency
Skagit County Health Department
South Puget Intertribal Planning Agency
Southwest Washington Health District
Spokane Regional Health District
Spokane Tribe of Indians Health & Human Services
Suquamish Tribe
Swedish Medical Center
Swinomish Indian Tribal Community
Thurston County Health Department
Tulalip Health Clinic
University of Washington Medical Center
Upper Skagit Tribe
Wahkiakum County Health and Human Services
Walla Walla County Health Department
West Central Community Center
Whatcom County Health Department
Whitman County Health Department
Yakama Nation
Yakima Neighborhood Health Services
Yakima Valley Farm Workers Clinic

WIC Service Sites

Churches
City halls/town halls
Community action councils
Community centers/halls
Community health centers
Family planning clinics
Family resource/support centers
Fire stations
Granges
HeadStart/ECEAP programs
Health departments/districts
Homeless shelters
Hospitals
Housing and Urban
Development (HUD) offices
Indian health clinics
Libraries
Migrant health centers
Military medical and family
resource centers
Orchard workers housing
Physician offices
Primary care and urgent care clinics
Senior centers
Teen parenting clinics
Women's alcohol/substance
treatment centers
Women's resource centers
Youth outreach centers

WIC Grocery Stores

National and regional chains
Military commissaries
Large independently owned and operated
Small family owned and operated

Contact Us

For more information about this report or the Washington WIC Program, call 1-800-841-1410 and press 0 or write to PO Box 47886, Olympia WA 98504-7886

The Washington WIC Program is an equal opportunity provider and employer.

For persons with disabilities, this document is available on request in other formats.

